

**WORKING HOURS AND JOB STRESS AMONG
HOSPITAL STAFF NURSES IN CHINA**

ZHAO XINHUI

ID: 1001233186

**RESEARCH PROJECT PAPER SUBMITTED IN
PARTIAL FULFILMENT OF THE REQUIREMENTS
FOR THE DEGREE IN BACHELOR OF NURSING (HONS)
FACULTY OF MEDICINE AND HEALTH SCIENCES
SCHOOL OF NURSING
UCSI UNIVERSITY
KUALA LUMPUR
MALAYSIA**

OCTOBER 2016

Library
UCSI Education
No. 1, Jalan...
55072 Kuala Lumpur
Tel: 03-2061...
Fax: 03-2061...

ABSTRACT

Background: Nowadays, staff nurses face high level of stress in the health care settings. The study is conducted to determine the level of job stress among staff nurses and to determine the total number of working hours of staff nurses. The relationship between level of job stress and total number of working hours will also be explored.

Method: This is a cross sectional descriptive study using questionnaire on working hours and job stress among staff nurses in one government hospital in China. The item was based on stress instrument by The American Institute of Stress to indicate the level of job stress among nurses. A total of 150 staff nurses participated in this study.

Result: Majority of the staff nurses (44%) needed assistance in overcoming the job stress, and 45.3% of staff nurses had moderate level of job stress. Most of the staff nurses worked single shift a day (131 staff nurses, 87.3%) and 56.0% of staff nurses worked 9 hours a shift. Based on the result of correlation test of the selected data, there was no statistical relationship between total number of working hours and level of job stress among staff nurses (P value = 0.177).

Conclusion: In conclusion, the result from this study indicated that nearly half of the staff nurses undergoing moderate level of stress maybe due to long working hours or other factors that need to be explored. It is unavoidable that it will result in a shortage of staff nurses in professional health care settings if the problem of high stress level among staff nurses are not addressed.